WHAT IS CLAIMED IS:

- 1. A method of increasing the isoflavone aglycone concentration in a soy-containing comestible comprising maintaining the comestible in a temperature of from about 20°C to about 70°C, for a period of from about 1 minute to about four hours, wherein the method results in an increase in isoflavone aglycone concentration.
- 2. The method according to claim 1, wherein the temperature is from about 30°C to about 60°C.
- 3. The method according to claim 2, wherein the temperature is from about 40°C to about 50°C.
- 4. The method according to claim 3, wherein the temperature is from about 45°C to about 48°C.
- 5. The method according to claim 1, wherein the period is from about 1 to about 3 hours.
 - 6. The method according to claim 5, wherein the period is about 2 hours.
- 7. The method according to claim 1, further comprising adding at least one β-glucosidase-containing composition before maintaining the comestible in a temperature of from about 20°C to about 70°C, for a period of from about 1 minute to about four hours.
- 8. The method according to claim 7, wherein the at least one β-glucosidase-containing composition comprises almond.
 - 9. The method according to claim 8, wherein the almond is raw almond.

- 10. The method according to claim 7, further comprising heating the comestible in a temperature of from about 120°C to about 260°C, for a period of from about 15 minutes to about 2 hours, after maintaining the comestible in a temperature of from about 22°C to about 70°C, for a period of from about 30 minutes to about four hours.
- 11. The method according to claim 10, wherein the heating temperature is from about 150°C to about 180°C.
- 12. The method according to claim 11, wherein the heating temperature is about from about 160°C to about 165°C.
- 13. The method according to claim 1, further comprising heating the comestible in a temperature of from about 120°C to about 260°C, for a period of from about 15 minutes to about 2 hours, after maintaining the comestible in a temperature of from about 22°C to about 70°C, for a period of from about 30 minutes to about four hours.
- 14. The method according to claim 13, wherein the heating temperature is from about 175°C to about 225°C.
- 15. The method according to claim 14, wherein the heating temperature is about from about 190°C to about 210°C.
- 16. A comestible having a β -glucosidase activity of greater than or equal to about 35 U when measured by assaying its rate of hydrolysis of p-nitrophenyl- β -D-glucopyranoside at a temperature of 37°C for 30 minutes at pH 4.6, wherein the comestible comprises less than about 75% by total weight, of almond.

- 17. The comestible according to claim 16, wherein the β -glucosidase activity is greater than or equal to about 45 U.
- 18. The comestible according to claim 17, wherein the β -glucosidase activity is greater than or equal to about 50 U.
- 19. The comestible according to claim 16, wherein the comestible comprises at least about 5% by total weight, of soy-based ingredients.
- 20. The comestible according to claim 19, wherein the comestible comprises greater than or equal to about 4 g of soy protein per serving.
- 21. The comestible according to claim 20, wherein the comestible comprises greater than or equal to about 5 g of soy protein per serving.
- 22. The comestible according to claim 21, wherein the comestible comprises greater than or equal to about 6 g of soy protein per serving.
- 23. The comestible according to claim 22, wherein the comestible comprises greater than or equal to about 7 g of soy protein per serving.
- 24. The comestible according to claim 16, wherein the comestible comprises greater than about 300 nmol/g of isoflavone aglycones.
- 25. The comestible according to claim 24, wherein the comestible comprises greater than about 400 nmol/g of isoflavone aglycones.
- 26. The comestible according to claim 25, wherein the comestible comprises greater than about 500 nmol/g of isoflavone aglycones.
- 27. The comestible according to claim 16, wherein the comestible comprises from about 1% to about 15% by total weight, almond.

- 28. The comestible according to claim 27, wherein the comestible comprises from about 2.5% to about 10% by total weight, almond.
- 29. The comestible according to claim 28, wherein the comestible comprises from about 5% to about 8% by total weight, almond.
- 30. A soy bread product comprising greater than or equal to about 6.25 g soy protein per serving, from about 2% to about 10% by total weight, of almond, and greater than or equal to about 200 nmol/g of isoflavone aglycones.
- 31. The soy bread product according to claim 30, comprising from about 5% to about 8% almond, and greater than or equal to about 400 nmol/g of isoflavone aglycones.
- 32. The soy bread product according to claim 30, wherein the almond is chosen from chopped almond, ground almond, or almond powder.
- 33. The soy bread product according to claim 32, wherein the almond exhibits an average particle size of less than 0.1 mm.
- 34. A soy bread product enriched in isoflavone aglycones, comprising greater than about 2.5%, by total weight, of almond.
- 35. A method of increasing the isoflavone aglycone concentration in a soy-containing comestible comprising maintaining the comestible in a temperature of from about 45°C to about 48°C, for a period of from about 1.5 hours to about 2.5 hours, wherein the method results in an increase in isoflavone aglycone concentration.
- 36. A method of increasing the isoflavone aglycone concentration in a soycontaining comestible comprising:

adding at least one β -glucosidase-containing composition to a soy-containing comestible composition, and

maintaining the comestible in a temperature of from about 45°C to about 48°C, for a period of from about 1.5 hours to about 2.5 hours,

wherein the method results in an increase in isoflavone aglycone concentration in the comestible.